

Amendments to the Specification:

On page 1, please replace the first and second paragraph as follows:

FIELD OF THE INVENTION

The present invention relates to a shoe insole, embodied as a foot pod.

BACKGROUND OF THE INVENTION

On page 2, prior to the paragraph which begins on line 25, please insert the following:

SUMMARY OF THE INVENTION

On page 3, please replace the first full paragraph with the following:

For attaining this object, a shoe insole that provides at least one depression between the first cushion-like layer in the forefoot joint area and the second cushion-like layer in the midfoot/tarsus transition area, for relieving the pressure on the head or heads of the metatarsal bone or bones and originating at the top side of the sole base body.

On page 4, please replace the 2nd - 5th full paragraphs with the following:

With a depression provided for the second head of the metatarsal bone, and/or one depressions for the third head of the metatarsal bone, it is attained that particularly those areas that are primarily threatened anatomically are relieved. An advantageous disposition of the depressions relative to the cushion-like layer or layers is characterized in that the depression for the respective head of the metatarsal bone is located approximately in alignment with the respectively associated plateau-like area of the first cushion-like layer.

An especially advantageous embodiment results from further reinforcement of the so-called floating state of the anatomically threatened places, and thus further pressure relief of them, are attained.

To further reinforce circulation in the region of the heel, a fourth cushion-like layer is provided, which is plateau-like and preferably homogeneously oval in the transversal position of the sole, and/or in the region of the plantar arch , a fifth cushion-like layer is provided of crescent-like shape, with the cushion-like layers formed by a soft foam.